

Coaching Corner: NSCAA Coaching Academy Technical Series - Receiving (Part One of Three)

NSCAA Academy staff members Ron McEachen, Tim Schum and Jeff Vennell present a comprehensive training session dedicated to receiving.

As with all material taught at NSCAA Coaching Academy courses, this session will progress from the Fundamental Phase to Match-related situations and conclude under Match conditions.

In the case of these fundamental exercises, they have been labeled B for beginning level players, I for intermediate players and A for advanced players. In some cases, they are applicable to more than one group of players. Obviously, by using restrictions, coaches can gear exercises to reach any level of players (i.e., more space for an exercise allows more time for players to react to a situation).

A major emphasis in this session will be on "preparing the ball" so that it is as close as necessary depending on the situation (degree of pressure the receivers find themselves under). Another definition might indicate that the technical reception of the ball needs to be as efficient and quick as possible in order that continued possession is tactically maintained by the team.

Fundamental Phase, Part One Receiving Ground Passes

Exercise 1

Organization: Five players in 20 x 20-yard grid, one ball (use cones) (B Level) (see Diagram 1)

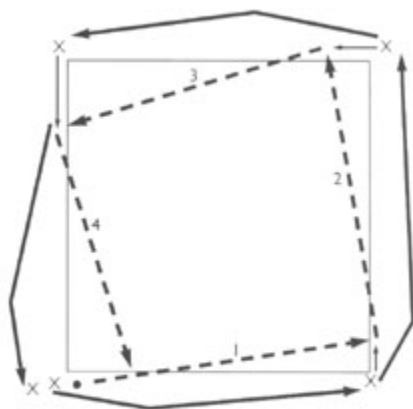


Diagram 1

A. Pass right to start exercise and follow pass. Review fundamentals of reception including:

- Receive the ball across body with farthest foot (right foot in case of first phase of exercise);
- Look at next target before the ball arrives so that the body is in a position to make the pass - take a mental picture of the situation;
- Receive the ball with toe pointed upward and the ankle locked to increase the surface area hitting ball;
- Do not stop the ball, keep it within close range to draw the defender, then move it away from him or her toward the next target;
- Under pressure, look to play the ball away from pressure with a long first touch; use feints or false cues as appropriate in this situation;
- Make eye contact with next receiver so that he or she knows when to begin the run and then strike ball so receiver can receive it in stride;
- Keep hips open to target for efficiency of passing movement and to allow for maximum passing options.

B. Pass to left as second phase of activity.

C. Can conduct drill with more players (up to 12) and race against the clock with drill concluded when first passer of the ball returns to his or her starting point. If there are two groups, have competition.

Exercise Two

Organization: Five-six players in 20 x 20-yard grid, two balls (B level) (see Diagram 2)

A. Two balls with outside players with central player to control and prepare the ball so that it can be played to one of the players without a ball on the perimeter of the grid. Review fundamentals including:

- All of points covered in Exercise One;
- Eye contact by receiver with passer as he or she checks to receive ball;
- Practice turning quickly with ball;
- Emphasize timing of run to ball (eye contact with passer)

B. Change in one-minute intervals;

C. Add a defender (using either frontal pressure or pressure from behind and do the following):

- Prepare the ball away from the defender;
- Use reception to beat defender;
- Use outside of foot and instep of foot for deception.

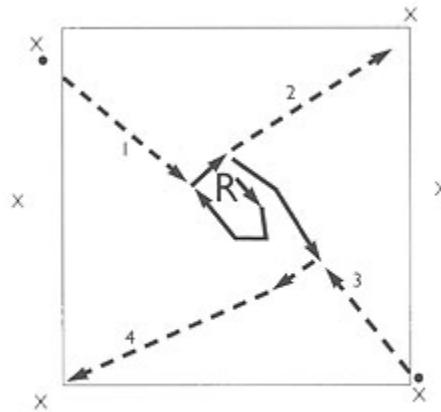


Diagram 2

Exercise Three

Organization: Three teams of two players each (six total) in 30 x 40 yard grid (I level) (see Diagrams 3, 4)

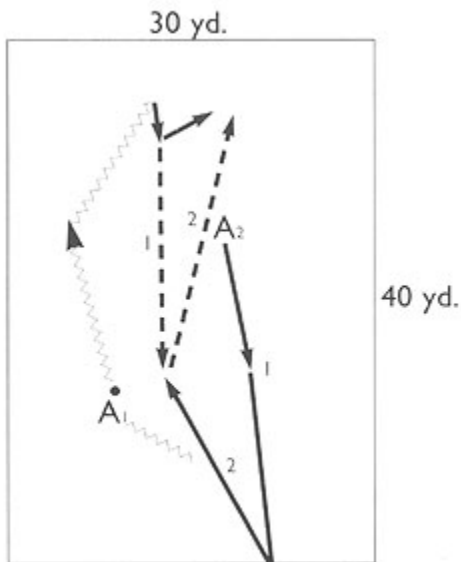


Diagram 3 (Only "A" group is shown; "B" and "C" twosomes would be operative at same time.)

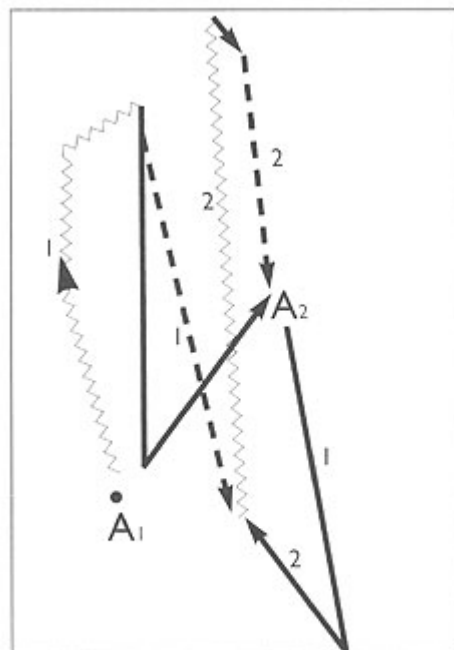


Diagram 4 (Only "A" group shown; "B" and "C" twosomes would be operative at same time.)

A. Working in twos (three teams of two players: A's, B's, C's), dribbler controls ball and waits as the receiver runs to farthest line in grid, then checks to receive the ball with front foot, takes two touches for control and plays the ball back to the dribbler. Continue the process and change roles after one minute. Review fundamentals including:

- All points covered in Exercise Two;
- Find place in crowded grid to receive the ball;
- Checking run must be made at match speed.

B. Instead of playing the ball back, the receiver accepts the ball with the foot open to the same side the ball arrives on and turns in that direction (i.e., ball played to the left side of the body, turn to the left) and sprint-dribbles to farthest line in the grid and plays it to a checking receiver who waits until the dribbler has turned and faces before making the run (a reversal of roles from A.); Continue for one minute. Review fundamentals including:

- All points covered in Exercise Two;
- Observe ability of receiver to coordinate with dribbler.

Exercise Four

Organization: Three players in a 20 x 30 yard grid (I level) (see Diagram 5)

A. The receiver initiates pass with run to ball, controls ball, returns it at angle to passer and moves away as ball is played to opposite corner. Upon control by third player, receiver checks to ball and repeats control and angled return pass. Continue for one minute and change roles.

B. All return passes include two touches by receiver;

C. Various surfaces of foot used on first touch;

D. Encourage one-touch receptions;

E. Add defender to increase pressure.

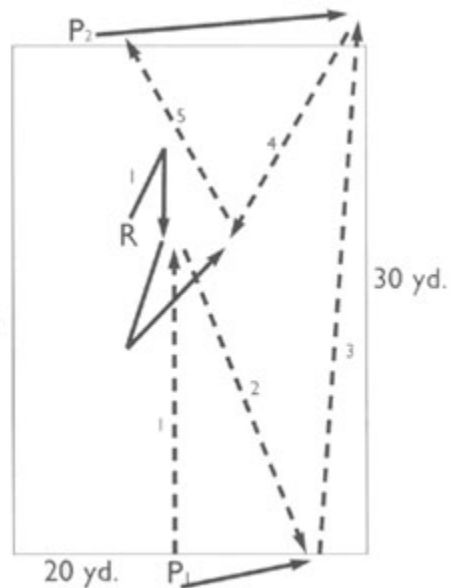


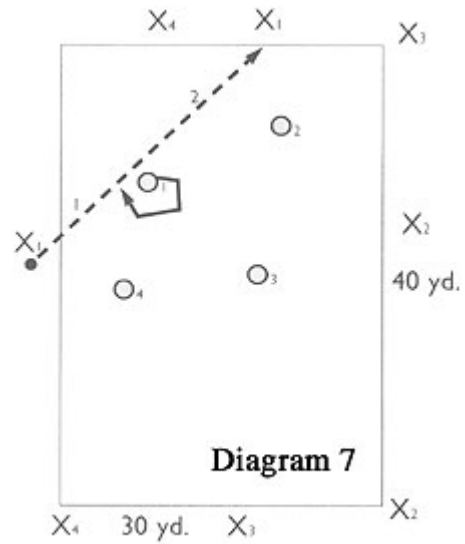
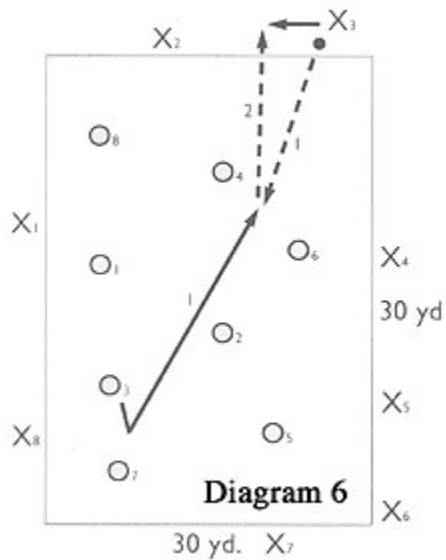
Diagram 5

Exercise Five

Organization: 16 players in a 30 x 30 grid (I-A levels) (see Diagram 6)

A. X1 is linked with O1, X2 with O2, etc., with each X player outside grid with a ball. Play is continuous between each pair of players with O1 checking away and working on timing as he or she checks back to receive ball. Exchange roles.

B. X's pass to any O's who check for the ball. Exchange roles.



Exercise Six

Organization: 12 players, four groups of three players (A level) (see Diagram 7)

A. Player in grid receives ball, takes a mental picture and identifies the position of the third member of the group and moves body so that he or she is in good position to pass the ball to third member.

B. Add two to four defenders. If defenders win ball, replace player who gave up the ball. Rotate defenders after a maximum of one minute.